



Hi all Moey's

Welcome to this week's Moana Bulletin. Please see the notices for this week.

24 hour row

Moana SLSC 24-hour row

On Saturday 22nd August until Sunday 23rd August Moana SLSC are taking part in the 24-hour row helping to raise money for



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You do not need to be a rower to take part.

We are aiming to have 2 ergos going from 12 noon on Saturday 22nd until 12 noon on Sunday 23rd August.

Every participant will row for 1 hour. If you would like to take part, please put your name down on the [attached link](#) or ask Ange P (0427197260) to put your name on the list. It would be great to see as many people as we can taking part.

Moana will be donating **prizes** for the furthest distance rowed by female, male and youth row in the hour. The best representation by a patrol will also get a special mention.

We do not expect you to fundraise, but if you would like to join our fundraising team, please visit <https://surflifesaving-24hour-row-2020.raisely.com/moanaslsc> or to donate, please go to <https://surflifesaving-24hour-row-2020.raisely.com/t/moanaslsc>.

If you want to know more – please get in touch with [Ange Phillips](#) or [Angie Farrier](#).

Moana SLSC Bulletin

Regular training has started again

We now have two regular training sessions that run weekly:

Already started

Thursday night swimming at State Swim Seaford, 7pm to 8pm. Pay as you go, tell them you are with Moana for a special rate.

Starting Wednesday 29th July

HiT training 6-7pm at the Mo, towel and water bottle required, all welcome.

Interested in Surf Boat Rowing?

Surfboat "Com 'n' try" Saturday's 3-5pm meet at the Mo, please contact Max Simionato prior 0417088261.

Ponder of the week

“NO MATTER HOW
RICH, TALENTED
OR GREAT **YOU**
THINK YOU ARE...
HOW YOU
TREAT PEOPLE
ULTIMATELY
TELLS ALL”

FEARLESS SOUL

